

**ABSTRACT OF THE DISCLOSURE**

In a device for aerobic exercise, a resilient bladder body has a bottom wall disposed on a base frame, a curved surrounding wall connected to the bottom wall so as to  
5 define a fluid-receiving space therebetween, and a surrounding flange extending downwardly from the curved surrounding wall and disposed to surround the base frame. The bladder body defines a first axis that passes through a center of the bottom wall and along which the bottom  
10 wall has a width, and a second axis which passes through the center of the bottom wall and a top wall portion of the surrounding wall, which is transverse to the first axis and along which the curved surrounding wall has a maximum height less than the width of the bottom wall.  
15 The top wall portion has a rigidity greater than that of the surrounding wall portion and less than that of the bottom wall.